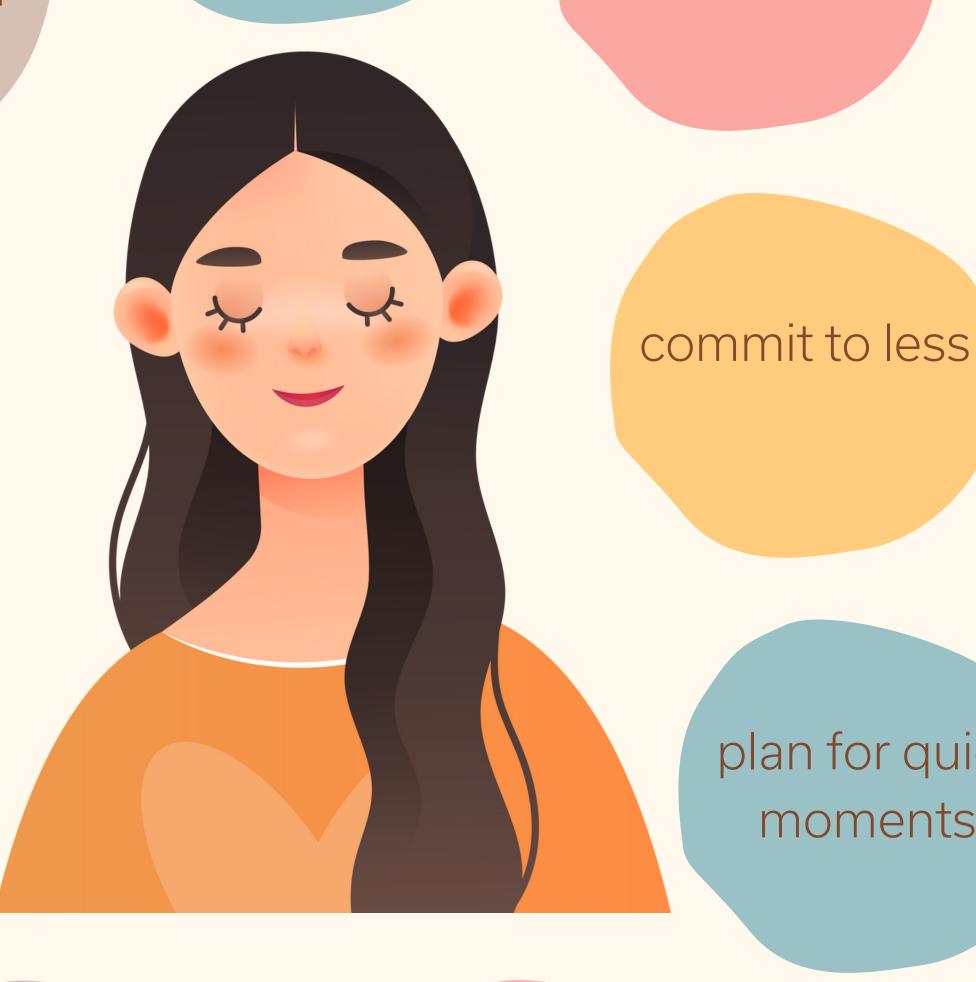
## Finding Galm in the Ghaos

save some fun for the new year let go of holiday fairy tales

be intentional

remember that chaos is contagious

build a destress toolkit



plan for quiet moments

spend within your budget savor special moments